

The Center Post

Volume 23

SEPTEMBER 2014

**The Enrichment Center
Hours of Operation:**
Monday—Thursday
8 am - 8 pm and
Friday 8 am - 5 pm.
919-776-0501

SENIOR CENTERS

Experts at Living Well

**CELEBRATING SENIOR CENTER MONTH
SEPTEMBER 2014**

Alzheimer's & Dementia **Educational Classes**

Tuesdays

September 2 - October 7, 2014

5:30 p.m. to 7:30 p.m.

For additional information
call 919-776-0501 ext. 2230.

Do you find yourself asking...

Is it Alzheimer's? Can I legally do that? Can we financially handle this? I'm losing my mind lately!
Through information presented by professionals, you will walk away with answers, confidence, knowledge and resources.

September 2nd

The Basics of Alzheimer's Disease and Dementia, Karen Sullivan, PhD Neuropsychologist

September 9th

**Disclosure and Changing Relationships
Trish Orr, MS, Geriatric Care Manager
Aging Outreach Services, Inc.**

September 16th

**Legal and Financial Planning
Bob Mason, Elder Law Attorney**

September 23rd

**Emotions, Behaviors and Communication
Melanie Bunn, RN, Dementia Specialist
Alzheimers NC, Inc.**

September 30th

**Medications, Charity Dodson, Pharm D,
Amy McDonald, Pharm D, Medicine Park
Pharmacy**

October 7th

**Maintaining Independence and Exercise
Malene Blair, Occupational Therapist
Westfield Rehabilitation & Health Center**

LIVING HEALTHY WITH DIABETES



*An evidenced based class developed
by Stanford University*

Thursdays

September through October 2, 2014

2:00 p.m. - 4:30 p.m.

FREE - No Charge! Contributions Accepted
**Instructors: Debbie Williams
& Carole Nicely**

Class size limited to 12.

Call 919-776-0501 ext. 2201 to register.

- ⇒ Manage symptoms including fatigue and depression
- ⇒ Use relaxation techniques
- ⇒ Eat healthy
- ⇒ Improve your communication skills
- ⇒ Use medication effectively
- ⇒ Monitor your blood sugars
- ⇒ Solve problems and set goals
- ⇒ Increase your self-confidence

Veterans Remembrance

Group Wednesday, September 10 at 2:00 p.m. with **Guest Speaker Bill Lancaster**. Mr. Lancaster will have a presentation on his sniper experience in Vietnam. Open to the general public. All adults welcome.

FREE Hearing Screening

Wednesday, September 24, 2014 from 9:00 a.m. to 1:00 p.m. by **Bright Audiology**. Registration is required. Call 919-776-0501 ext. 2201.

Our purpose is to connect boomers, seniors, family caregivers and veterans with meaningful educational and volunteer opportunities; increase their access to services, benefits and resources and offer tools to manage health and finances.

Look inside for information on...

- ♦ **Happy 65th Birthday, pg. 2**
- ♦ **Volunteers Needed, pg. 3**
- ♦ **Medicare Part D Reminder, pg. 3**
- ♦ **Caregiver Corner, pg. 4**
- ♦ **Card & Games Party, pg. 6**

Yada Yada Sisters Tuesday, September 2, 2014 at 5:00 p.m. Bring your favorite sandwich. After eating we will play cards. *Our sisterhood is a network with other females in an exciting and stimulating group. We offer you the perfect opportunity to receive support and encouragement from a sister.* Call 919-776-0501 ext. 2201 to register.

Saturday Nite Dance Live music and good fellowship at 7:00 pm. Admission is \$7.00 per person. **Bands for September: 6th - Southern Exposure, 13th - Bill Pollard Back Porch Country, 20th - The Fabulous Troubadours, 27th - Bill Pollard Back Porch Country.**

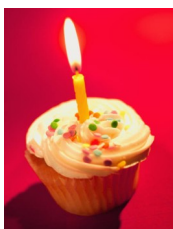
Tai Chi by the Arthritis Foundation with Instructor Peggy Rowles. Mondays and Wednesdays, September 8 - October 15, 2014. No charge. Made possible by the Health Promotion/Disease Prevention Grant. Contributions accepted. Open to all adults. Registration required. Call 919-776-0501 ext. 2201.

Legal Aid of NC, Inc. First Wednesday of the month from 9:00 a.m. to 12:00 p.m. at The Enrichment Center. Appointments preferred. For more information call 1-800-672-5834.

FREE Financial Counseling Available

Richard L. Palmer, ChFC, Volunteer Financial Counselor, is available by appointment at The Enrichment Center to discuss and help you better understand your personal financial situation. Meetings will be held in the strictest of confidence and are not intended to replace a financial or legal professional. Call 919-776-0501 ext. 2201 for an appointment.

A Novel Approach book group will meet Tuesday, September 9 at 12:00 p.m. to discuss Half Broke Horses by Jeannette Walls. Registration is not necessary and the group is open to the general public.



Happy 65th Birthday!!! Medicare is next...now what? On Thursday, September 11 at 6:00 p.m., an informational program will be presented explaining Medicare and all that comes along with it. This program is presented by **SHIP, the Seniors Health Insurance Information Program**. To register or for more information, please contact The Enrichment Center at 919-776-0501 ext. 2201.

S.A.P. - SANFORD AREA PHOTOGRAPHY meets the 3rd Thursday of the month at 6:00 p.m. Come and share ideas and methods with fellow photographers. Contact **Bob Smith** at 919-498-0621.

Shoot, Aim and Click Digital Photography Wednesday, September 17 and Thursday, September 18 from 1:00 p.m. to 3:00 p.m. with **Instructor Mark Coggins**. Learn about the equipment and accessories that will make photography better, easier and more enjoyable. Call 919-776-0501 ext. 2201 to register.



Boomer, Senior & Caregiver Expo Special Thank You!

Thank you to our Boomers, Seniors and Caregivers for your participation in our 12th Annual Expo! This event is designed for YOU and all adults in this region to provide seminars, health screenings and entertainment. We hope it was a fun day to get out and socialize, enjoy entertainment, be educated and shop for products, services and information.

Thank you to our sponsors and vendors! It would not be possible without your support. We appreciate your continued commitment over the past years as we can tell by the interaction how much you enjoy the BSCG Expo and benefit from it as well.

Thank you to The Enrichment Center staff, our many faithful volunteers and the Dennis A. Wicker Civic Center staff! You all so graciously give of your time and talents and we appreciate each of you.

Lead Sponsors



Platinum Sponsors



Gold Sponsors

Griswold Home Care, First Bank, Cambridge Hills Assisted Living, Carolina Eye Associates, United Assist Medical Supply, Peak Resources-Pinelake, Dargan Moore/Edward Jones, CaptionCall, Quality Home Healthcare, THRIVENT FINANCIAL, Modern Woodmen of America, Laurels of Chatham, Health Innovations, Local Government Federal Credit Union, UNC Specialty Clinic

Silver Sponsors

AAA Vacations, Duke Cardiology of Sanford, Performance Rehabilitation, Pinehurst Medical Clinic, Mary Kay Cosmetics, Miller Boles Funeral Home, Central Electric Membership, Rainbow Distributors, Gary Tyner Insurance (Allstate), Advance Hearing Care, Family Eye Care Optometry, Spring Arbor Assisted Living, Confident Home Solutions, iOIL, Adcock Real Estate, Digital Benefit Advisors, Emerald Health and Rehab Center

Let's travel in 2014!

More detailed information is available at the front desk of The Enrichment Center or by calling 919-776-0501 Ext. 2201.



Tuesday, October 21 *The NC State Fair* This is the day devoted to YOU! Special events are planned for the day.

Tuesday, December 16 *A Southern Christmas at The Rudy Theatre* We travel back to a time where we all dreamed of a "White Christmas" and listened for "Silver Bells". Dinner included.

Volunteers Needed

Would you like to make a difference in someone's life?

Volunteers are needed to deliver a hot, nutritious meal to a homebound older adult in Lee County. Routes usually take less than one hour. Regular and fill-in positions available.

If you need further details or would like to volunteer at The Enrichment Center, contact Janice Holmes, Volunteer Services Coordinator, 919-776-0501 ext. 2206.

You may also view volunteer service opportunities by going to www.volunteerlee.com to see what is available in our community. There are various opportunities for all ages!

ATTENTION!!! REMINDER!!!

The Medicare Part D Annual Enrollment Period will begin October 15 and continue until December 7.

This is the **ONLY TIME** you may change plans for 2015!

Assistance will be available without an appointment on these dates:

Wednesday, October 29

Friday, November 14

Wednesday, December 3

YOU MUST BRING YOUR MEDICARE CARD AND YOUR MEDICATIONS TO THE WALK-IN CLINIC FOR ASSISTANCE.

Open enrollment appointments will begin October 1.

Please contact Janice Holmes, SHIP Coordinator, at 919-776-0501 ext. 2206 for an appointment. Messages will be returned within two business days and appointments fill quickly. Walk-in clinics allow us to offer SHIP counseling to as many Lee County beneficiaries as possible.

Diner's Club A daily celebration



Join us for lunch at The Enrichment Center's Diners Club! A nutritious lunch is available Monday through Friday at 12:00 noon for Lee County residents 60 and better.

Menu selections include: Pork chop, chef salad, lasagna, marinated chicken, vegetables, fruit, bread, dessert and beverage. If you are interested in having lunch with us call Carole Nicely at 919-776-0501 ext. 2205 for information and to register. **Contact Carole if you have a change in your lunch reservation.**

SEPTEMBER 2014 Programs at 11 a.m.:

- 3rd - Walking Club
- 3rd - Laurence Poindexter singing and playing guitar
- 5th - Extra Bingo
- 8th - Crafty Creators
- 10th - Corn Hole
- 10th - Walking Club
- 12th - Grandparents Program
- 15th - Safety Tips with Joe Werner
- 16th - Sassy Red Hatters
- 17th - Refreshments provided by Miller Boles
- 19th - Richard & Friends Puppet Ministry
- 26th - Meet The Enrichment Center Staff

GRIEF SUPPORT GROUP First Tuesday of the month at 1:00 p.m.

CRAFTY CREATORS Homemade craft items will be for sale the first Monday of each month in the Diner's Club, 10:00 a.m. - 11:30 a.m. If you are a Diner's Club participant and have a craft you would like to sell contact **Carole Nicely** at 919-776-0501 ext. 2205.

Nifty Noggins are stylish head coverings for cancer patients. They come in different styles, colors and fabrics. Volunteers will meet Thursday, Sept. 11, 2014 at 10:00 a.m. If you are interested in joining the group or would like a head covering, **contact Carole** at 919-776-0501 ext. 2205.

BIBLE STUDY Mondays at 10:30 a.m. with facilitators **Joyce Billings** and **Hubert Stacker**. Open to the general public.

Home Delivered Meals



If you or someone you know is in need of a home delivered meal,

corner

caregiver



Dear Family Caregivers,

Fall flies by in a flash, so take advantage of the crisp weather and beautiful foliage. There are lots of fun things to do; apple picking, experience a corn maze, collect colorful leaves, plant bulbs in your garden for next spring, or take a drive in the country. We have several programs listed in our newsletter that you will be interested in attending. If there is a program you are interested in and need assistance with your loved one, please call me and I can make arrangements for a qualified person to stay with your loved one while you attend the program.

Enjoy the month of September!

- Judi, Caregiver Specialist

Attention Family Caregivers We offer you two (2) hours of respite each Tuesday here at The Enrichment Center from 1:00 p.m. to 3:00 p.m. This allows you time away and offers crafts, snacks, cognitive stimulation and socialization to the care recipient. This program is staffed by our Family Caregiver Specialist and volunteers that serve 8-12 clients each Tuesday. Our program has grown continuously in the past year. This is a free program for all family caregivers and is made possible by the **National Family Caregiver Grant**. Contributions are accepted. For more information contact Judi at 919-776-0501 ext. 2230.

"You will need the patience of a saint, the mind of a doctor and the strength of Hercules...to take care of your loved one."

-Family Caregiver

ANGELS— Angels Now Getting Empathy, Love and Support. All family caregivers are welcome to join us for fellowship, support and refreshments. We meet the 2nd and 4th Tuesday of each month at 6:00 p.m. at the Enrichment Center. **Gail Valentine, Facilitator.**

Sanford/Lee County Stroke Support Group

Thursday, September 11 at 1:00 p.m. in The Enrichment Center Pavilion. Open to the general public. *This group offers networking, education and motivation to stroke survivors and their family caregivers.* **Joy Phillips Murphy, Facilitator.**

CANASTA Fridays, 12:30 p.m. - 4:00 p.m. with Instructor **Carolyn Arnold**. We will teach you how to play!

4th WEDNESDAY CARDS 2:00 p.m. - 5:00 p.m. Bring cards and friends and play the game of your choice.

HAND N FOOT, A FORM OF CANASTA Mondays, 12:30 p.m. - 4:00 p.m. with Facilitator **Donna Patton**. We will teach you how to play!



Grandparents Raising Grandchildren Retreat

Thursday

September 18, 2014

5:30 p.m.- 7:30 p.m.

Light meal will be served;
reservations required.

This FREE retreat offers a variety of workshops by local professionals, opportunities to meet with community agencies that assist grandparents raising grandchildren, as well as a chance to connect with other grandparents. Gain inspiring and empowering insights into the key issues affecting grandparents raising grandchildren.

Location: The Enrichment Center of Lee County
1615 S. Third St. Sanford, NC

Sponsored by: Advance Behavioral Center
The Enrichment Center of Lee County

Registration: Call 919-776-0501 Ext. 2230
or email jwomack@leecountync.gov

Powerful Tools For Caregivers Thrive...not just survive

Mondays

Oct. 6, 13, 20, 27

& Nov. 3, 10, 2014

Time: 2:00 p.m. - 4:30 p.m.

Powerful Tools for Caregivers, a best practices training course, provides family caregivers with the tools needed to take care of themselves while caring for others. Free to family caregivers. Contributions accepted.

This program helps family caregivers to:

- ♦ Reduce stress
- ♦ Improve self-confidence
- ♦ Balance your life
- ♦ Better communicate your feelings
- ♦ Increase ability to make tough decisions
- ♦ Locate helpful resources

For more information or to register call:

Judi Womack, Caregiver Specialist 919-776-0501 Ext. 2230.



“FAMILY CAREGIVER AWARD”
NOMINATION FORM

**Families and friends caring for individuals are very special people!
We invite you to nominate someone
for our 2014 Family Caregiver Award.**

Contact Information for Individual Submitting Nomination

Name: _____

Address: _____

Telephone Number: _____

Are you (check one): ____ a family member ____ other _____

RELEASE: I hereby grant permission to the Enrichment Center of Lee County to publish and distribute the following nomination form. I understand this nomination will be returned with a Certificate of Outstanding Achievement to the individual I nominate.

Signature: _____

Date: _____

Name of Nominee: _____

List specific examples of how the individual being nominated goes above and beyond the regular call of duty to enhance the quality of life for their loved one. _____

**It is recommended that the nominator include a support letter of 100
words or less with the application.**

Please send completed form to:
The Enrichment Center of Lee County
1615 S. Third Street, Sanford, NC 27330
Attention: Judi Womack, Family Caregiver Specialist
Or Email jwomack@leecountync.gov (919) 776-0501 ext. 2230



The Enrichment Center
1615 S. Third Street, Sanford, NC 27330
919-776-0501 www.leecountync.gov/ec
email: enrichment.center@leecountync.gov

Handicapped Accessible Facility

June 2013 Re-Certified Senior Center of Excellence by the North Carolina Division of Aging and Adult Services.

Non-Profit Org.
U.S. Postage
PAID
Sanford, NC
27330
Permit No. 198



*Be sure to tune in to The Enrichment Center Radio
Newsletter Monday through Saturday,
11:35 a.m. on Life 103.1 WLHC-FM.*

The Enrichment Center will be CLOSED
Monday, September 1, 2014 in observance of Labor Day.
Have a fun and safe holiday!

The mission of Lee County Senior Services
is to fashion an achievable vision of successful aging in Lee County.

We need YOU and so does The Helping Fund...Join us at the Cards & Games Party!

Tuesday, October 7, 2014 from 2:00 p.m. to 5:00 p.m. and/or 7:00 p.m. to 9:00 p.m. \$4.00 per person, per session. Co-sponsored by Miller-Boles Funeral Home. Join us for cards, games, refreshment and door prizes. The Cards & Games party will raise money for The Enrichment Center Helping Fund. This fund assists low income older adults who are in a crisis situation with fuel, electricity and other necessities of life. 100% of all donations directly assists citizens in need. Register your tables by calling 919-776-0501 ext. 2201.

Rex Mobile Mammography Wednesday, October 8, 2014 at 9:00 a.m. at The Enrichment Center. To get a FREE mammogram, eligibility criteria includes: have no previous history of breast cancer, be at least 35 years old for a baseline (first time) mammogram, be at least 40 years old for an annual mammogram. All patients must pre-register with the Lee County Health Dept. Call 919-718-4640 ext. 5317.

ZUMBA gold! Get active with great people at the dance party workout that moves at your pace! Mondays at 6:45 p.m. Contact licensed ZUMBA gold instructor Cathy Andrew at 919-776-0501 ext. 2208.

Fall Festival Saturday, October 25, 2014 from 8:00 a.m. - 2:00 p.m. Crafts, woodcarvings, woodwork, jewelry painters, baked & canned goods, Christmas decorations and much more! ***NEW FOR 2014:*** Farmers Market, Garden & Landscaping Plants for Indoor/Outdoor. Purchase ham biscuits, hot dogs, sausage dogs, baked goods and drinks. Proceeds from these food & drink purchases will benefit ***Alzheimers NC, Inc.*** Join us on The Enrichment Center Trail at 1:00 p.m. for the ***Alzheimer's Walk***. Registration 12:00 p.m. Contributions accepted on behalf of ***Alzheimers NC, Inc.***

AARP Smart Driver Course Wednesday, November 12, 2014 from 9:00 a.m. - 2:00 p.m. AARP members \$15, non-members \$20. AARP Instructor Phil Bruce will cover: safe strategies to avoid a crash, increasing confidence, driving safely while sharing the road with others and much more. NO formal lunch break. Bring a bagged lunch or snack. Registration required. Call 919-776-0501 ext. 2201.

Caring Connections Cancer Support Group

First Monday from 10:00 a.m. to 11:30 a.m. Facilitated by Community Home Care & Hospice. Open to the general public.

MEXICAN TRAIN DOMINOS will return in October, 2nd and 4th Tuesdays, 2:00 p.m. - 4:00 p.m. NEW players wanted! We will teach all newcomers how to play!